

**MARCH 28 2022 7:21 PM ZULFIKAR MOINUDDIN AHMED
RUMINATES ON MOTIVATED HABITUATION**

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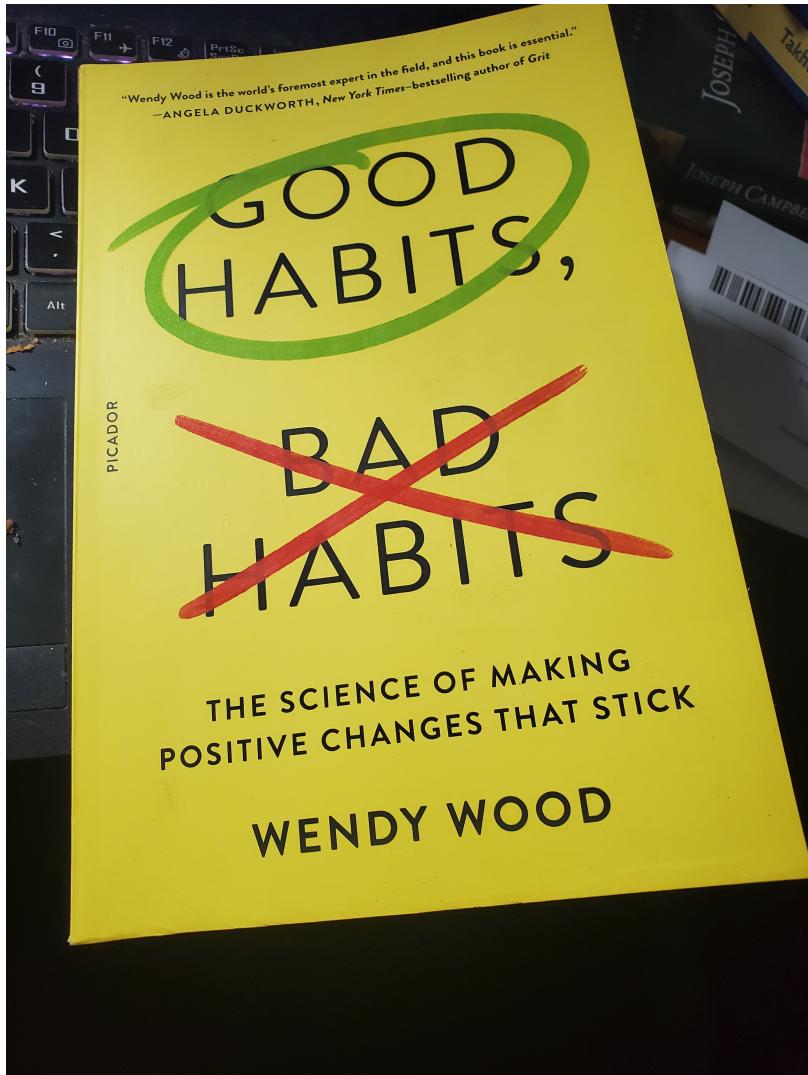
I am reading Wendy Wood's *Good Habits Bad Habits* and I am fascinated by her account of how in the 1980s radical behaviorism was waning to return 'control' to our minds. I believe that human beings are neither governed by mindless stimulus-responders, as radical behaviourists felt was the only way, but nor are we governed exactly by our minds. I believe, unlike radical behaviourists as well as cognitive behaviourists, by something else.

In a simple version, I believe the right way of seeing things is that we (a) inherit a large number of instincts which are species-general, and which are not "top down" at all but part of our genetic code; radical behaviourists would have been right about our psychology if (a) were the only things within us governing our behaviour. They were wrong as that is not the only factor governing realised behaviour. Then there are (b) acts of deliberate purpose, for example, "Zulf says enough is enough, I want to master even elementary psychology from high school AP Psychology textbooks, and swallow my pride about how bad I look." Then I order some high school textbooks for AP Psychology even though I consider myself highly educated with many years of industry experience with ambitious ideas about how to transform the world by Quantitative Positive Psychology. Radical behaviourists would believe that this was predictable by external stimuli. Not much in Allen Texas produced this behaviour. This behaviour would be *totally mysterious from radical behaviourism*. Wendy Wood and cognitive behaviourists would chalk it up to simple decision-making behaviour of human beings.

Now for the new and interesting things in psychology, neither covered by radical behaviourists who are ultimately instinct-focused cats, and cognitive behaviourists who are neocortex-focused. All the subtlety of human psychology, in my account happens in (c) Motivated Habituation behaviour. Here there is a mishmash of complex behaviour patterns that include (a) and (b) and are habituated with my own thoughts and decisions included, and then intuition is enhanced by repeated practice, not just from external stimuli, but from motivated practice, and so for various habits combined I pull the trigger and buy the books and begin the study of AP Psychology and begin a program of self-study without any guarantee that what I am about to do will have any positive benefit to my life which is being destroyed by Bill Gates for his White Supremacist Racial Domination World Order project. And that's what human behaviour is like closer to the theoretical (a) and (b). Intuition based on motivated habituation drives 96% of human behaviour in *my account* of Universal Human Psychology.

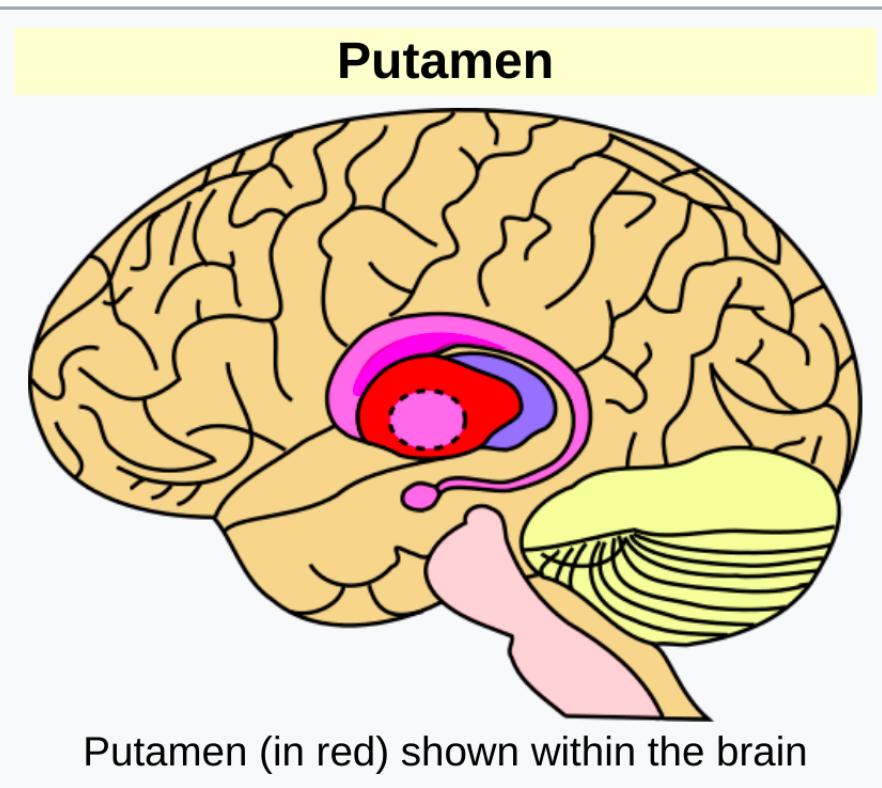
1. THE BOOK OF WENDY WOOD

I am fascinated by the book of Wendy Wood because suddenly for me issues of habits are the most important thing in the world.

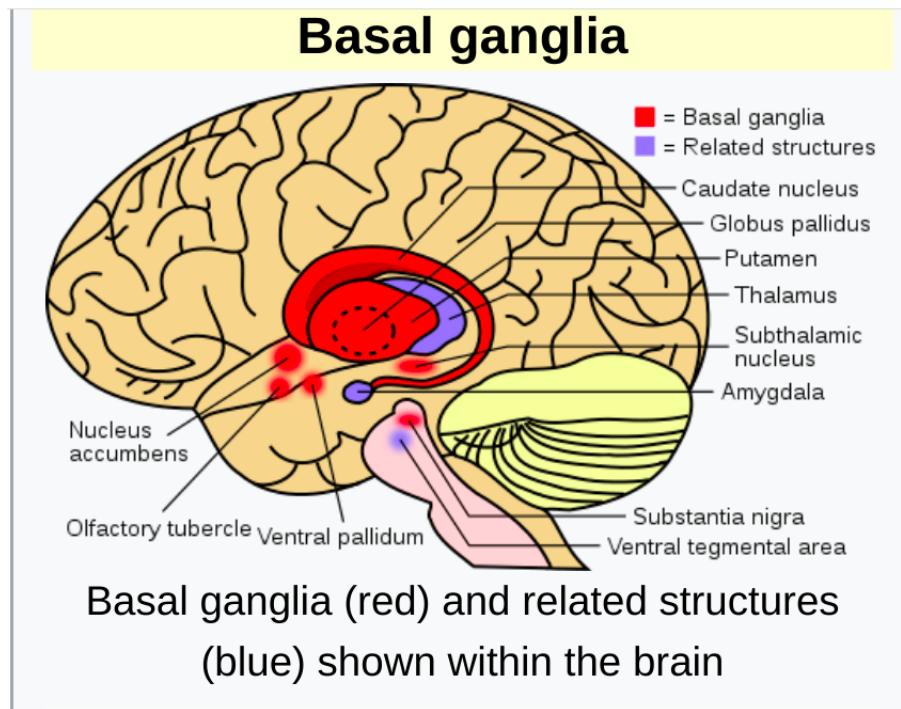


My chess rating just reached 1454 which is mediocre in one way but it's respectable enough.

Repetition shifted activity from prefrontal and hippocampal regions to putamen and basal ganglia regions. This is exceedingly interesting.

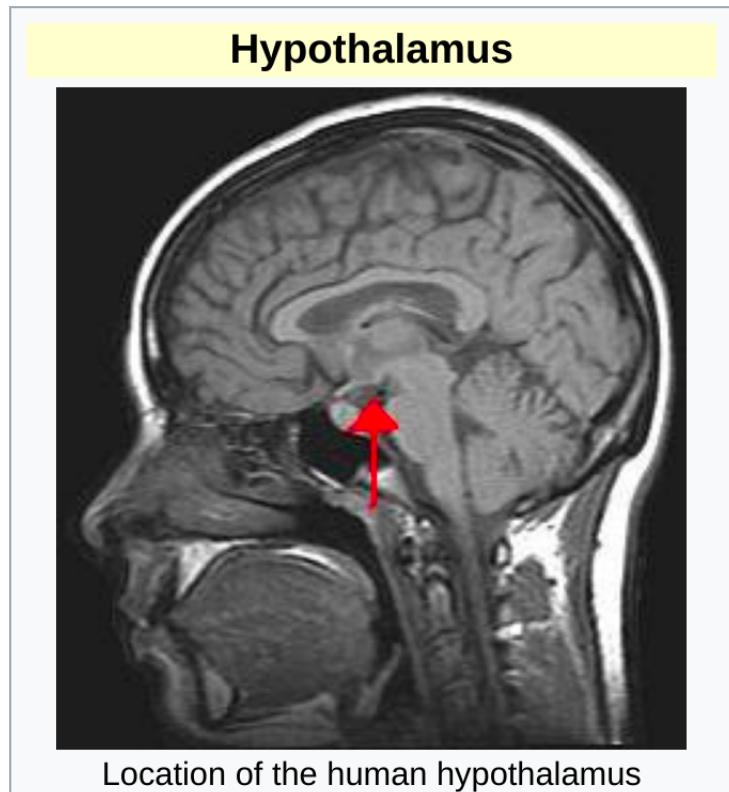


So putamen and basal ganglia, huh? It's the repository of intuition, is it now?
You don't say. Just fascinating.



So from prefrontal cortex the motivated habituations get into some sort of intuition cluster, huh? Hehehehe. Hehehehehe. Ha ha ha. Ha ha ha ha ha. HA HA HA HA HA. I'm too sexy for my shirt my shirt.

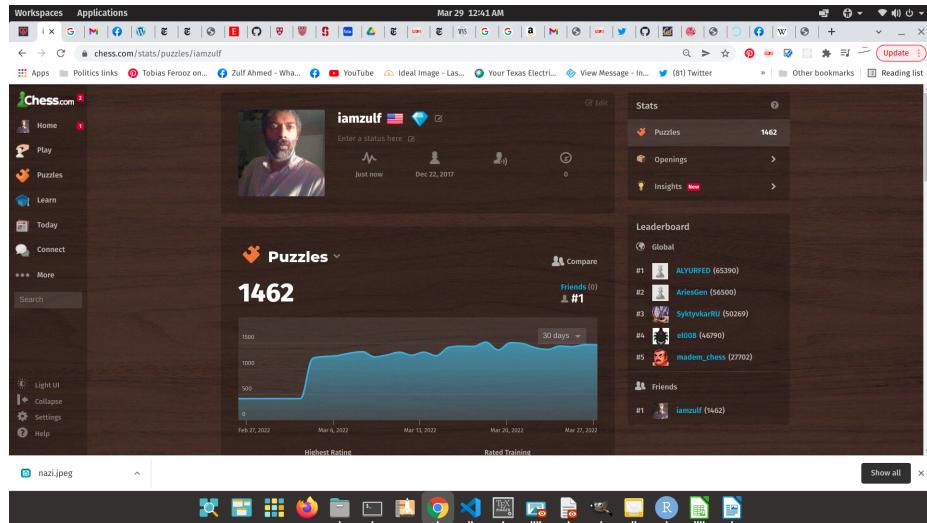
You see I am extremely pleased because the *instincts* are located at the *hypothalamus*.



Show all

Just a fluffy geometric hypothesis would be that motivated habituation brings behaviours closer to what Jung called the *instinctual sphere*. This age is so primitive in psychology, this geometric hypothesis of transfer of motivated habituation towards instinct-centers would be considered a goddam *revelation* because suddenly Jung's ideas have a sort of geometric concreteness. The *will* and the *instincts* go from prefrontal cortex to hypothalamus. In between you have the intuitions developing.

Hahahahahaha. I'm right, and I'm too sexy for my love my love, love is going to leave me. Aha aha.



Slowly and slowly, some of the chess skills are moving towards the pitumen and basal ganglia, eh? Hehehehehehe. I love it. I love it.

2. ZULF PRODUCES A NEW PARADIGM FOR UNIVERSAL HUMAN PSYCHOLOGY

A rough picture is becoming more crisp over the past several months. I learned just today reading Wendy Wood of the remarkable *change* in the brain region activity from prefrontal cortex (i.e. the will or decision-making regions) which with repetition, or what I have been calling *motivated habituations* moving to activity in pitumen and basal ganglia. I have been proposing that *human intuition* develops in this way, by motivated habituation. And then I return to one of the most beautiful of Carl Gustav Jung's writings, from *On the Nature of the Psyche* from 1952 on a section entitled "Instinct And The Will". I see Intuition taking place between the organic substrate of the instinctual sphere, i.e. the hypothalamus which have unalterable and automatic qualities, as Jung was right about, and the neocortex with a great deal of freedom of will. Intuition then activated in the basal ganglia and pitumen – rather than parts of the brain closer to the neocortex. The geometric division ought to also make sense of Daniel Kahneman's "Fast and Slow Thinking". The intuitive and fast thinking has a geometric relative location also in basal ganglia and pitumen.

This particular rough picture ought to be right, and the geometry of these areas give us natural circle for sharpened scientific hypotheses regarding motivated habituation process will yield the precise quantitative scientific theories for 96% of human behaviour.

This is a paradigm because it will resolve an entire century of anarchy in psychology regarding 'radical behaviourism' which for us says 'hypothalamus is all that matters' to cognitive behaviourism 'human beings are goal directed beings' which is like saying 'neocortex is all there is' and into the truth, that there is the locus of intuition, the basal ganglia and pitumen, and suddenly the deepest mysteries of universal human psychology gain concreteness and psychology can establish itself sans ideological overzealousness.

3. ARISTOTLE'S PHRONESIS

Some years ago, I had discovered that Aristotle's habituation as the process towards 'arete' required repeated emulation of virtuous people. What Aristotle meant is the development of keener insight in the parts of the brain like pitumen and basal ganglia. In other words, Aristotle stood beyond all of twentieth century psychology in Nicomachean Ethics.

4. A NEW SYNTHESIS OF PSYCHOLOGY

Not long ago from one of the introductory texts in psychology, we saw the relative popularity of four different keywords in papers, "Behavioral", "Cognitive", "Neuroscience" and "Affective". I felt, having come from Mathematics originally, that psychology was still in various ways in the state physics was in early nineteenth century. It occurred to me today that the value of neuroscience is to provide some concreteness for the basis. In other words, there are many intelligent and creative psychologists, and they have many complicated speculative ideas, but they do not have the power to establish eternal understanding of universal human psychology because without something concrete, observable, and measurable, others are not compelled to even read their works let alone ensure their survival in the canon of eternal truth.

I look at radical behaviourism, which was based on one sort of idea of legitimate experimental science, to dismiss 'introspection' altogether and simply attempt to produce natural science of stimulus-response. From my current point of view behaviourism had no chance of producing eternal natural science because the basis was false, as *more than instinct* determines human behaviour. The concreteness today of knowing that hypothalamus is the repository of the instincts of mammals including humans gives sharp clarity. Then the cognitive revolution of the 1960s in psychology focused on the human mind as *neocortex* and from 1980s there was interest in emotions. These are stepwise developments putting emphasis on one versus another of aspects of drivers of human psychology.

To me it seems obvious that a simple synthesis that everyone can agree on is a better basis of psychology. And my ruminations of the past several months gave us the basis of the synthesis. From brain components we examine a clear simple few.

Neocortex is associated with decision-making and 'will'. The Hypothalamus is the organic substrate of the instincts. And I have been following Aristotle's account of development of excellent character through habituation, as that is what had been concerning me for more than five years, and so I translated this idea to *motivated habituation* as the central issue of psychology. The associated components are pitumen and basal ganglia.

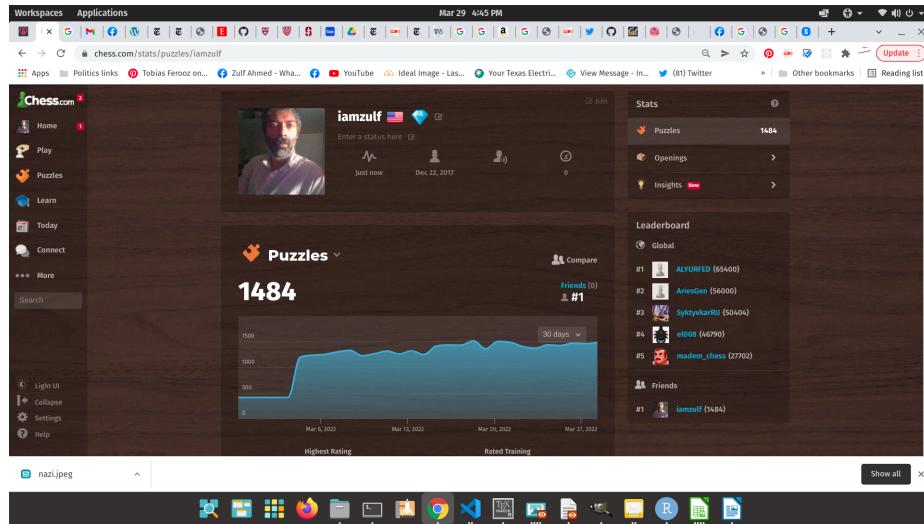
Let me repeat the parts.

- Neocortex
- Hypothalamus
- Pitumen and Basal Ganglia

I believe that the relative geometric arrangement of these parts of the human brain and their association to (a) cognition, (b) in-born instincts, and (c) intuition from motivated habituation will provide a more complete basis for universal human psychology with their biological mechanisms made explicit and clear. Without worry about over-emphasis by intention rather than by querying nature directly,

we ought to have improved on the ways that we have been doing psychology from 1870s. Psychology has attracted people with strong views, and that is good, but Nature is the final arbiters and strong views are good only to ensure that the field moves in *some direction* whether right or wrong.

5. MY CHESS RATING HITS 1484



This is looking like a more reasonable respectable rating. I would prefer to have 2200 or more but alas the reality is that those sorts of ratings are not in my reach soon.

6. WHAT IS THE CENTER OF UNIVERSAL HUMAN PSYCHOLOGY?

Psychology is very hard because our ability to *grasp* the demarcation of phenomena that will be the proper domain of Psychology as a science is underdeveloped. The domain of physics and chemistry are really trivial by comparison. I worked successfully to produce the total mathematical physics that covers all things in the universe in four-sphere theory. And I can assure my dear readers that the *inventory of all things in the universe* is much easier when looked upon from the viewpoint of fundamental physics. But in psychology we are interested in all *thoughts, feelings, and behaviour* of all people living and dead, and not yet born.

Suddenly the contours are a gigantic challenge. Suddenly the size of the human population, eight billion, becomes a burden that requires special skills and talents. Suddenly we are inevitably led to *imagination* as a key part of even our inventory of what things belong in the domain of interest and what things do not belong in it.

These are not minor issues for gossip in Psychology. They are absolutely central and foundational issues, and these types of challenges are too alien to physics. A small fraction of world's physicists even have a sense of these sorts of challenges because *they have it too easy*.

I had been thinking about some of these foundational issues. I want something wise and true and parsimonious. I have been pressing for an acceptance that *motivated habituation* be the core of Universal Human Psychology. This seems to me to cover around 96% of human behaviour across the globe and across time past,

present and future. It's an estimate that I take from work of Wendy Wood and her colleagues. I am not concerned about *interesting* subtle issues but simple issue of gaining some parsimonious grasp of the domain of the scientific theories of Psychology.

7. MY LIFELONG DREAM VERSUS BILL GATES'

My lifelong dream did not occur naturally from when I was a teenager. Then I thought I would be a mathematician. But after I graduated from Princeton in 1995, I ended up, for various reasons, in American Industry first in Finance at Lehman Brothers World Financial Center in New York. I had gone through a religious transformation in 2008 when my faith developed. I had learned that I was an Archangel of Heaven for billions of years before my birth, and so my dreams developed from there, to give some gifts of Heaven to my beloved people the Human Race, an Angelic Race. I believe in a Natural Rights Security World Order, and I have put in some of my effort with emails to United Nations for this. I discovered Universal Human Moral Nature that is ethnicity-independent.

In contrast, Bill Gates lifelong dream was a White Racial Dominated World Order with enslaved and destroyed non-whites. He wants black people re-enslaved; he wants Asian and African nations re-colonised. He wants to rule the world shredding natural rights security for non-white people.

It's clear that my lifelong dream is better and superior to that of Bill Gates.

8. A STARCRAFT II LOSS AGAINST VERY HARD AI

I want to show you a game I played and lost against Very Hard AI in Starcraft II [1]. It's easy to see that I am not developed in Starcraft II enough to prepare for tier 3 attacks like nuclear launches after repelling the first AI attack. And that's my motivated habituation learning, because in the lower 'Harder' difficulty I almost always win against the AI.

9. HIGH PROBABILITY OF SUICIDE BY MY BROTHER

My brother had been grieving the loss of his daughter and his life. I was trying to get legitimate earning of \$620 million which would have fixed up his life as well as prevented my mother from humiliations. I want Harvard Board and others to consider Bill Gates responsible for the suicide of my brother should it take place because I have had no luck getting United States Government to eliminate him so I can get my legitimate income. My American Dream has been savagely and brutally curtailed by this monster.

We have to ask ourselves what sort of country we want to have here. This worthless charlatan from birth Bill Gates, who has not done an actual productive days work in his entire goddam life suddenly has the whim of doing a project to harm the life and livelihood of a productive American non-white man, and for more than a year, the United States Government has enthusiastically supported him and did not bring him to justice. Do we want a country like this to survive at all where the government needs to be warned and reminded hundreds of times that its purpose is to secure natural rights of Americans, including mine.

I am just speechless at the corruption and horribleness of our government and the cronies of this ultra-Nazi scumbag *Bill Gates*. He and his cronies all ought to have been aborted before birth.

10. SELF-CONCEPTION IS PRIMARILY MOTIVATED HABITUATION

I just made it to 1474 Chess rating, and I am just realising that Motivated Habituation is quite deep and ubiquitous. Our Self-Conception as human beings is primarily a result of Motivated Habituation and is the result of enormously complex repetitions. For example, my Self-Conception, for better or for worse, has *absorbed* Princeton into it. I was thinking about it. I only spent four years of my life at Princeton, and I do not spend my time wearing Princeton rings or t-shirts and such. I don't even attend reunions. And yet, in various ways, Princeton is deeply embedded into my sense of Self.

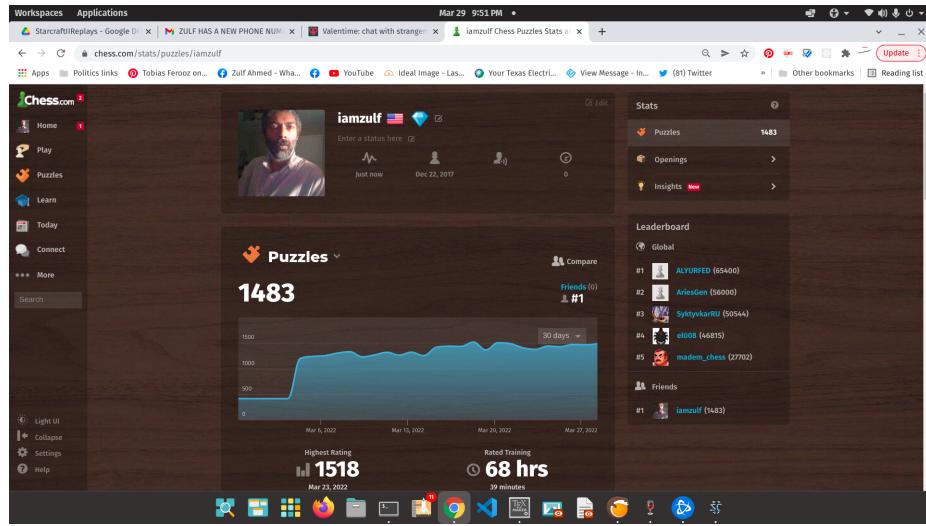
The reasoning I apply is that in theory I could have been someone who is not particularly influenced by a single institution; but in my case, Princeton was so important in my single life, something that was not just my parents or family, but something that formed me, Zulfikar Moinuddin Ahmed, and therefore it is reasonable that I absorb Princeton into who I am and that's quite reasonable. And perhaps for this reason, it is not unreasonable or improbable at all that Harvard-Stanford-Oxford-Cambridge gives me tenured full professorship. It does not, perhaps also for that reason, does not seem strange to me that I consider myself superior to Bill Gates despite his wealth, for he is not as good at Princeton Honour Code as myself.

"In 1893, the Honor Code was established as an agreement between faculty and students to uphold a high standard of academic integrity at Princeton. While the words of the Honor Code Constitution have evolved with time, the underlying spirit of trust and commitment to original academic work pervades the University community.

At Princeton, all in-class examinations, including finals, midterms, and quizzes, are administered under the Honor Code. Students pledge their honor that they have not attempted to give or receive an unfair advantage during examinations. In exchange, faculty proctors are not present in examination rooms. Additionally, students pledge a responsibility to report all suspected violations of the Code to the Committee. The duality of obligations emphasizes the importance of student to student accountability, a foundational value of the Honor system."

I just reached 1483 chess rating.

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What is special about Princeton University Honour Code for myself? I think there is a level of honesty that I habituated to that allowed me years later to trust myself. Of course I was also influenced by Ralph Waldo Emerson's 1841 essay "Self-Reliance". But you see, four years at Princeton allowed me to truly examine my own ideas as worthy for their own merit partly from the Honour Code. This is missing in such an extreme level by this podunk hick illiterate scumbag charlatan Bill Gates that he routinely plots to *assign credit* for my original work to someone else who is more palatable to him by ethnicity and by other metrics. No one I ever met at Princeton would contemplate any rubbish idea like this that Bill Gates has lived by. There are no honour among thieves indeed. I am very glad that he did not go to Princeton, and my beloved alma mater was spared such a monster tarnishing its reputation.



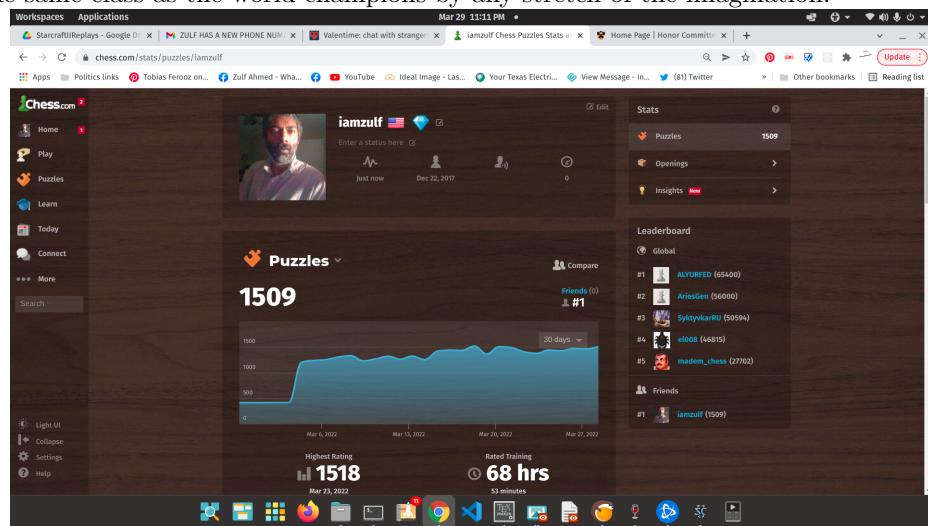
See, I am getting closer to 1500 level in chess, and the progress is not magical. It takes some effort. The sort of people like *Bill Gates* who are liars about their achievements, who pretend to be great prodigies but are not, who promote that they

had 1590 in their SAT when they did not, who promote that their IQ is 160 when it is not, these people do not have any appreciation for how to actually realise high levels of skills. There is very little magic to it. It requires patience and sufficient repetitions to begin to challenge one's natural intuitions. It takes time. People who make money by deceiving and lying and murdering and killing do not have the practice to be able to compete. Bill Gates is not good at intellectual progress. He is a dyed-in-the-wool deceiver and racial murderer who is totally without any intellectual gifts that are noteworthy.

11. A SUBTLE DISAGREEMENT WITH WENDY WOOD

I am enjoying Wendy Wood's book *Good Habits, Bad Habits*. I will provide a disagreement with Wendy Wood on a subtle point. This is a disagreement that is not personal but with consensual understanding of a certain psychological phenomenon.

The issue at stake is the wrong concept of *automaticity*. Not only Wendy Wood but a few other prominent living psychologists have embraced the word and the concept of *automaticity*. I think the term and the concepts are both misleading. What is true is that instinct is unalterable and works in a particular way. However, motivated habituation cannot ever produce perfect automaticity. The example that shows this in my opinion the best is the issue of chess rating. Here further practice will have a dominant effect of power law in improvement. If this were a zero-one situation, the moment I had any competence in chess I would be able to compete with Magnus Carlsen or Vishy Anand. Their ratings are above 2800. Mine, for Puzzles in Chess.com reached 1509. I have reasonable competence but am not in the same class as the world champions by any stretch of the imagination.



What this tells me very concretely about motivated habituations generally is that zero-one skill 'automaticity' is a fiction. It is a concept that does not have any correspondence with Nature, and human beings do not have zero-one automaticity at all. Instead, we have power law for various skills, and some of these, like chess are measured well and others are not sufficiently well-measured so that in our terminology is not yet sufficiently refined in the process of developing scientific theories in Psychology.

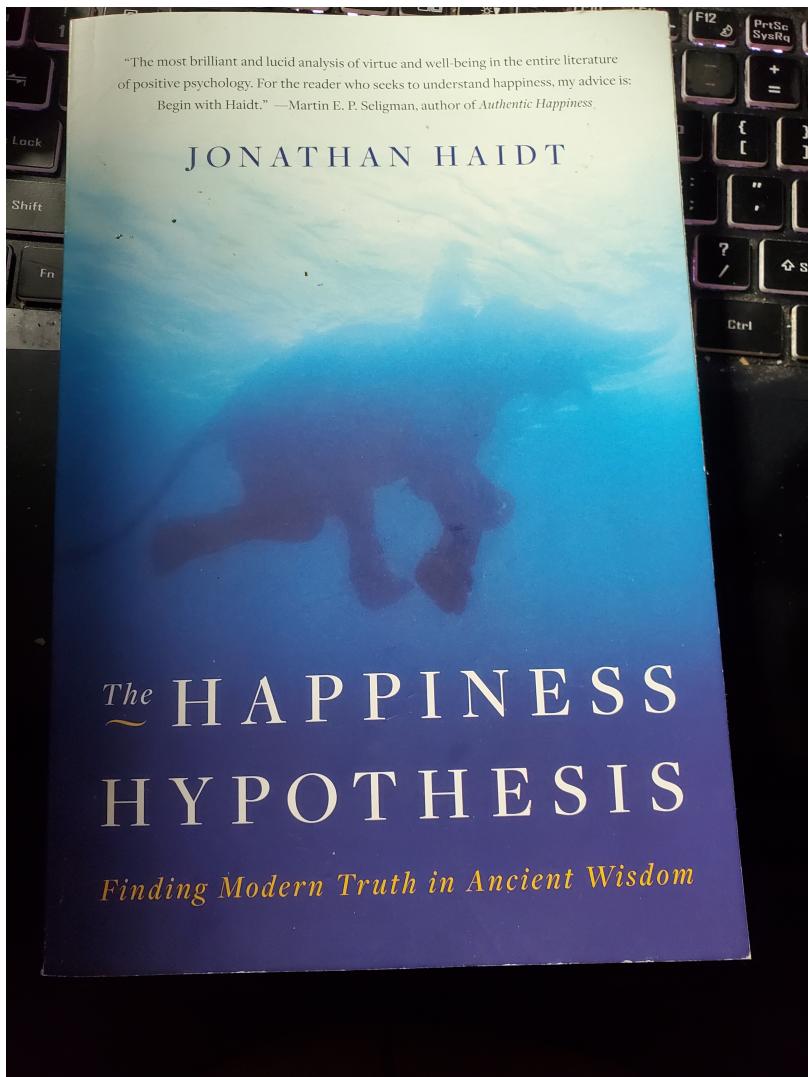
12. WHAT ALL PSYCHOLOGISTS NEED TO KNOW ABOUT INTELLECTUAL HISTORY

Many psychologists in the West do not have background in intellectual history of the world sufficiently well to appreciate certain sorts of issues important for psychology. I want to start with some comments about Aristotle's *Nicomachean Ethics*. You see, Western Culture as we know it developed from beginnings in around 800-900 AD when West became Christianised. The 'continuous tradition' from Aristotle and Plato is a myth from Renaissance period. In reality there was no continuity of this type. It was the Islamic Persian polymath Ibn-Sina, 980–1037, who had merged *Islamic Theology* with Aristotelian Virtue theory. He did more, by revealing Romantic Love as having ennobling qualities, and founded the doctrines that were taken by troubadours in the twelfth century. This is important, for Virtues existed in Ancient Egypt in 1300 BC and in East with Confucius as well.

It was only in 2008 that Japanese neuroscientists found neural correlates of moral blame and praise, and so then we appreciate that moral psychology has deeper roots in our evolutionary history that is culture and ethnicity independent. The latter results are my own original discoveries.

Habituation as a concept I trace back to Aristotle for Nicomachean ethics provides mention. I want to point out that Motivated Habituation is a phrase that I introduce as central to Universal Human Psychology but the essential concept is ancient. Jonathan Haidt and Joshua Greene's 2001 paper on Intuitionist theory of moral judgment I put in this general framework of Motivated Habituation. We are not dealing with a new concept, although I am polishing it and generalising it and enshrining it into a core central issue of modern universal human psychology.

I am not doing this as a Classicist; I only care about Aristotle *when he is right* and in this case he is. I only care about *anyone* and *anything* when they are right. This is not something that I am ashamed of; neither am I proud of it. It is simply the right decision. This is why I am perfectly respectful to Carl Gustav Jung when he is right. You see human beings are not scientifically coherent, just as human language is not. The sense of what is right can do some surgery. Only that which is deeply right is valuable from anyone's ouvre, great or mean.



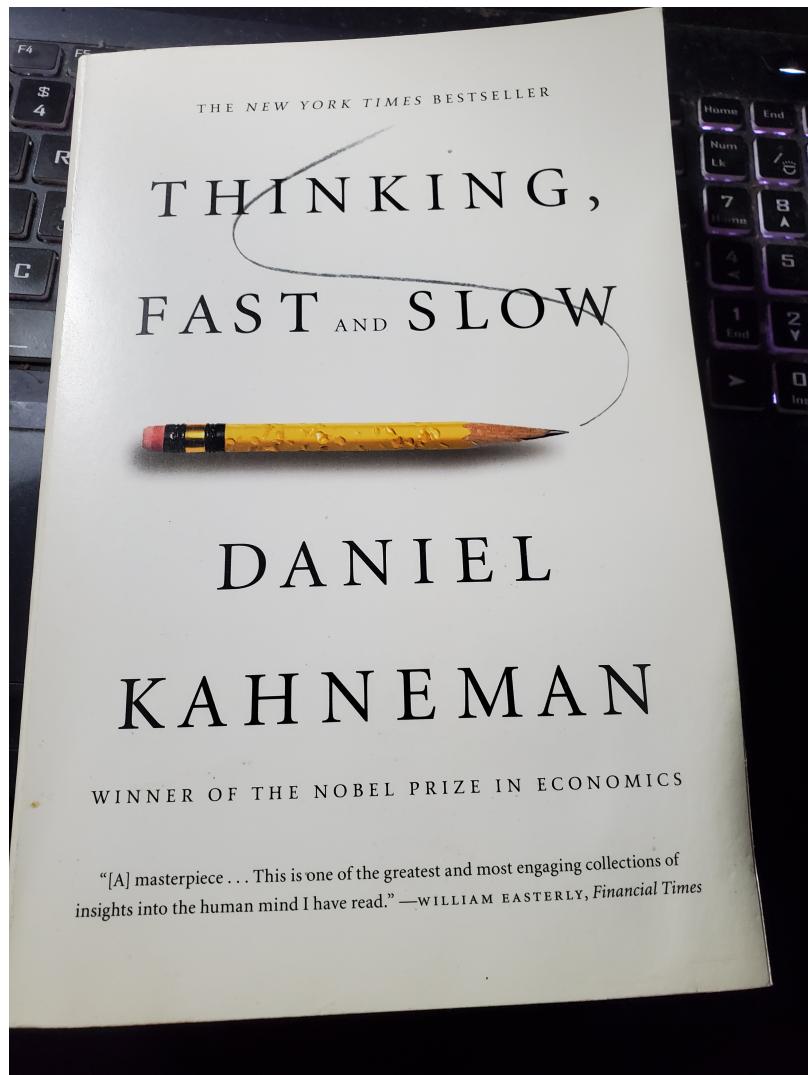
My journey in understanding the importance of Motivated Habituation begins with the book *Happiness Hypothesis* by Jonathan Haidt. It is there that I learned about *The Teachings of Amenomope* of 1300 BC for Virtues, a millennium before Aristotle, 384–322 BC. I am not sure that the link between Virtue and Eudaimonia was conjectured before him, but it is possible. I examined the 'social intuitionist' theory of Jonathan Haidt from 2001 for a while, and then suddenly I understood that Aristotle's *phronesis* was never understood in Western Civilisation at all [2]. I discovered that *practical wisdom* is a horribly bad translation. It was later when playing Starcraft II that I realised that something happens to our inner material with practice, our psyche changes. Then it became clear what Aristotle's habituation *does* and of course Wendy Wood's description of the transfer of activity from neocortex to the *intuitive sphere* of putamen and basal ganglia brings us to a satisfactory understanding. But it was chess that brought in the power law learning curve. These various disparate viewpoints need to be considered in unity for a

new unified theory of Universal Human Psychology as today the word "intuition" is in the wilds, the topic of various snake-oil salesman promising to unlock various magical results. But indeed intuition is much more central to Psychology as a natural science than anyone before me in the history of Psychology had contemplated clearly.

13. MY GREAT ORIGINAL INSIGHT

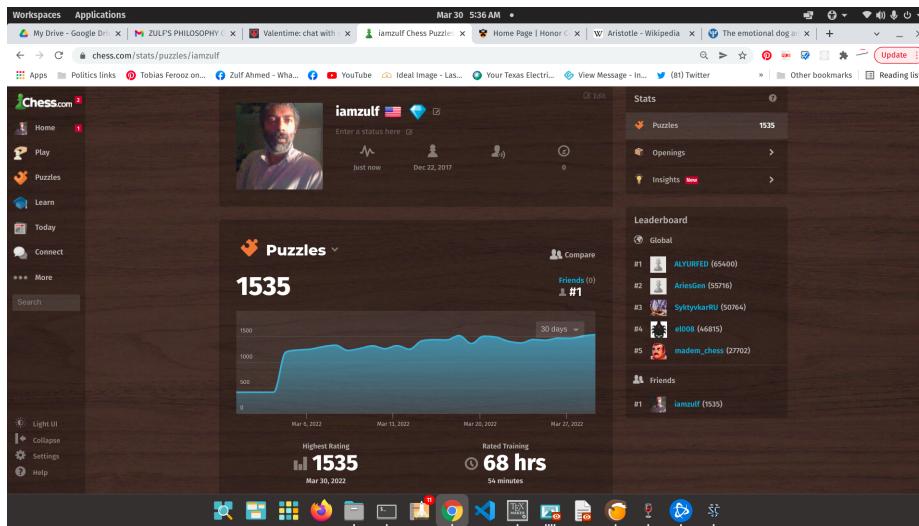
There is part of the organic substrate that is the *intuitive sphere* following Jung's use of *instinctual sphere*. I associate this with putamen and basal ganglia. It will surely be refined. Daniel Kahneman's *Fast Intuitive Thinking* will activate the *intuitive sphere* as well as other behaviours including *ordinary mundane habits*, *moral virtuous habits* of Aristotle, chess playing habits, other intuitions due to skill by practice.

See, I have perused with interest Daniel Kahneman's book.



The point is that intuition is no longer mysterious at all. And my unity and centrality of intuition as well as the concrete work of the intuitive sphere will be clarified and intuition will be a concrete, central, and well-understood part of Universal Human Psychology in the future. It's obvious to me, and it is also obvious to me that here my contributions are world class and completely original, without any supervision or any collaboration (except my own readings).

14. MY CHESS PUZZLE RATING REACHES 1535



Today is March 30 2022. I have never reached 1535. It's not FIDE rating but Puzzle rating. There is little doubt that I am slowly gaining some skills in chess.

15. SOME COMMENTS ON MY READINGS OF DUINO ELEGIES OF RILKE

One of the things that is important for my readings of Rilke's Duino Elegies is that there is a great challenge in putting all ten poems in the same *mythological closure*. And the resulting coherence I think is worth exploring, but I had not done this in my interpretations.

Rilke's language only seems florid as it is literal and precise in his 'mimesis' of the 'inner world' that is the totality of existence with revaluation of all things of existence.

16. HARVARD BOARD PLEASE INFORM THE WORLD OF ALL UNSAVORY DISCOVERIES OF BILL GATES

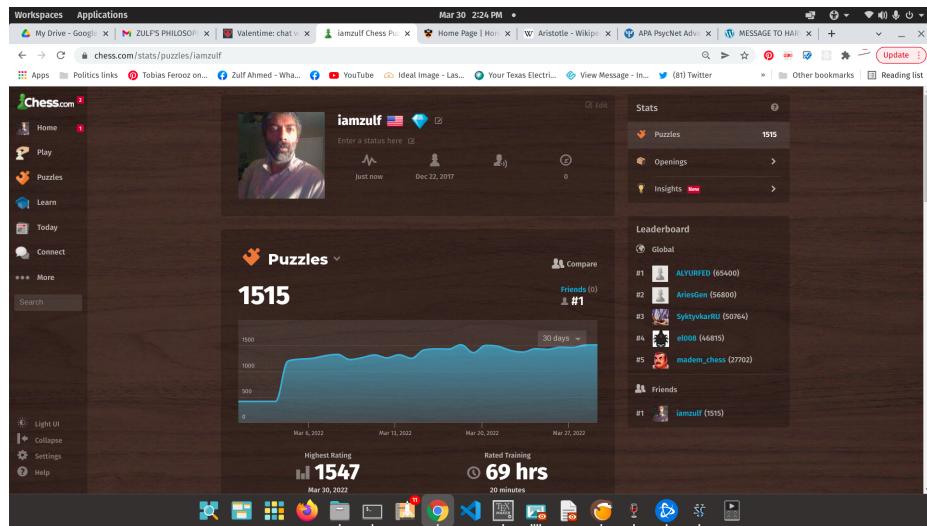
My brother has walked out in unstable emotional condition and has not returned in two days. I had called 911 twice, and the police in Allen decided that he was stable enough and did not require any treatment, even though he had been talking about suicide for some years. Now if my beloved brother commits suicide, I will not primarily blame Allen police, although their failure is not good. It will be primarily Bill Gates who is the fundamental cause because with the \$120 million of earning Bill Gates blockaded from David E. Shaw, with the gift of \$500 million from ECB and Madam Christine Lagarde that he blockaded, and his efforts to destroy all my success is the primary cause of any suicide because I could have given him a safe and

happy life. My aunt, who is abusive verbally, and denigrating to him and myself often, is not equipped professionally to handle people with mental disorders. She does not have training to handle people with disability and illnesses. I could have easily prevented any suicide of Feroze Alamgir Ahmed, my beloved brother, if such thing does take place if not for the malevolent intervention by Bill Gates.

You see, Bill Gates was a rotten cunt to the very core from his birth and has never had any positive contribution to the world at all. He is an excessive savage brutal butcher by nature, and Harvard Board is extremely unwise to keep his criminal acts and all that you know about his harm to me private at all. You will be held liable in the end for promoting the totally false and deceptive idea that he was ever any sort of philanthropist. Such a malevolent evil barbaric murderous criminal cunt this human race has never produced as Bill Gates, or, as I like to call him *Billy the Goats*.

Do yourself a favour, Harvard Board, and expose every slimy disgusting low vile exercise of power that he did to harm me immediately and without too much delay. Otherwise I don't believe Harvard will survive with a reputation that you can live with at all.

17. SOME INSIGHTS OF WENDY WOOD



I reached 1515 rating in chess. I am quite a bit far from any sort of expert chess player, but there is some improvement. I am trying to get some perspective on habits from Wendy Wood.

Wendy Wood says, "the basic logic of habits is that when we keep doing what we're doing, we'll keep getting what we're getting. Habits are a mental shortcut to obtaining that *reward* again." (p. 48)

I want the reader to understand that I am quite grateful for Wendy Wood's work. But I will probe this a bit. What sort of *reward* is operative in habits? Is this attached to some sort of mechanism in the brain, this *reward* or is it something conceptual alone. You see, I am playing chess, and I had motivation to keep playing some chess recording progress. Here regardless of any biochemical *reward*, which

might come from euphoria of seeing improvements, there is still reward in meticulous recording of the experimental understanding of improvement due to motivated habituation, in the Aristotelian *phronesis* sense.

I want to probe this issue of *reward*. I suspect that the concept of reward in habits is not straightforward. Simply logically, there might be no chemical reward at all for doing things. You look at the nineteenth century cotton pickers in the American South. Grueling repetitive work for no apparent cause except forced labour from slavery. Was there really any biochemical reward involved? I doubt that it was normal.

The point here is that repetition will create habits *regardless of any biochemical rewards*. And this is very important for scientific understanding of motivated habituation.

18. DISCOVERY OF ANN GRAYBIEL

I had never heard of Ann Graybiel till today, March 30 2022. So from the Zulf-centric view of the world, this discovery marks the point when I will have deeper insight about the biological basis of habit formation [3].

As my dear readers know, I do believe in an eternally silent and completely inscrutable God. But often, I say things like "God bless this Ann Graybiel cat." And this gives solace to Muslims and Christians alike because they don't really give a damn about my precise conception of God, and they interpret my "God bless this Ann Graybiel cat" from their own particular religious conception.

Now why would I suddenly, and arguably in a quite deceptive manner invoke blessing of God, who is an entirely different sort of thing for Christians and Muslims than myself? That's a good question. I always marveled at these Christians and Muslims, for whose errant conceptions God actually actively does all sorts of things. They are obviously deluded. God doesn't do a goddam thing. I have been an Archangel for billions of years, and I know better than them. God does not actually even have the civilised manners to send us any messages that we can understand. You can invoke God's blessing, but most likely, God still won't actually do anything. Now some might just say this God is quite lazy and deaf. See I wish I knew. But my faith says God is inscrutable and silent. It's possible that God is deaf and lazy but since he (or it or she) is inscrutable and silent, my faith says don't worry about the potential laziness and deafness because what's the point anyway?

Anyway, I like this work that Ann Greybiel did on habit formation. It looks like I will be able to learn something here that will help change the entire world. God might be inscrutable and silent, but Zulf is not God. Zulf is quite loud and quite scrutable.

I love this, Kyle S. Smith and Ann Greybiel actually found that William James had said that habits make up a major part of our behavioural and cognitive lives. This is from James' 1890 *Principles of Psychology*. I have updated this a bit, and claim that 96% of human behaviour is significantly influenced by motivated habituation; the estimate I get from Wendy Wood and her co-workers' study from 2002. Of course we want further verification of precisely this issue, because if we can reduce – legitimately – psychology to a less loose situation to focus on motivated habituation, then we will be able to produce a great advance.

Now I don't want the various sheep to go astray and graze in totally anarchic territory. Umm. That's the wrong metaphor. Never mind. I don't want the job of

your shephard anyway. Use the terminology "intuitive sphere" rather than "lizard brain" for basal ganglia and pitumen please. It's more Jungian, and regardless of whether you like Jung or not, he was more posh and stylish than most of the other psychologist. His vest is almost as good as mine, which is outrageous really. Uh! Uh! Not a word. My vests are absolutely top notch, extremely stylish and brings out the stylish gentleman. It's not surprising, of course, since I do have noble lineage, unlike that tacky *Bill Gates*.

Let me show you.



Look Jung had good taste in vests and he had good taste in phrases. He never called anything "lizard brain". Call the putamen and basal ganglia the *intuitive sphere*. It's more reasonable and more posh and more accurate. Who the hell came up with "lizard brain"? It sounds like the sort of thing you should not call the boys in the hood if you don't want your teeth knocked out.

19. HARVARD BOARD UNLESS YOU PUBLICLY CONDEMN AND DENOUNCE BILL GATES I WILL LITIGATE

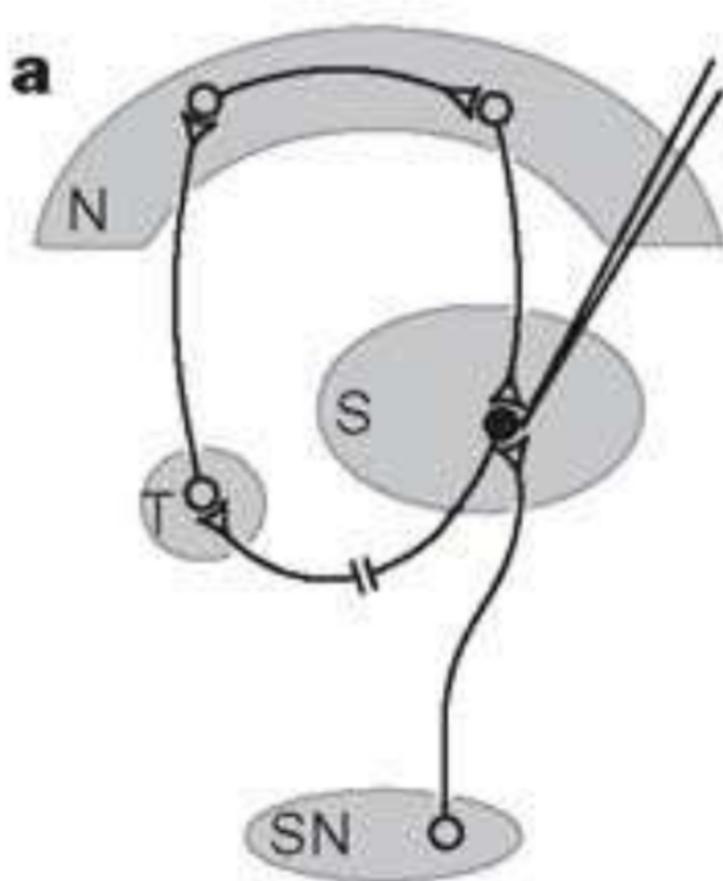
You see, I don't really give a damn who you are. If you do not publicly condemn and denounce Bill Gates as an ultra-Nazi scumbag with genocidal plans against non-white Americans I will sue Harvard as Nazi collaborators. I don't think Harvard is important enough to survive if you have been aiding and abetting and supporting

this racial supremacist evil brutal savage charlatan from the 1970s. I have to do what I think is right.

20. SENSORIMOTOR STRIATUM HUH?

I am looking at a fascinating *Nature* paper of Ann M. Greybiel and her colleagues and they had done very nice work to understand that sensorimotor striatum neurons do something in habit formation [4]. Don't worry, I name all the collaborators. That's not the point. Fine, I get pissy when my name is not mentioned first too. Now first question is whether they are going to construct a "Chess rating 2850" module for my sensorimotor striatum eh? I mean why not just produce modules for all sorts of habits we want to have? I'd look quite awful, like a cyborg Frankenstein but if the habits are pretty damn good what do I care, huh? How about a module for writing poetry like T. S. Eliot and Rainer Maria Rilke? I want some fabulous habits goddam it.

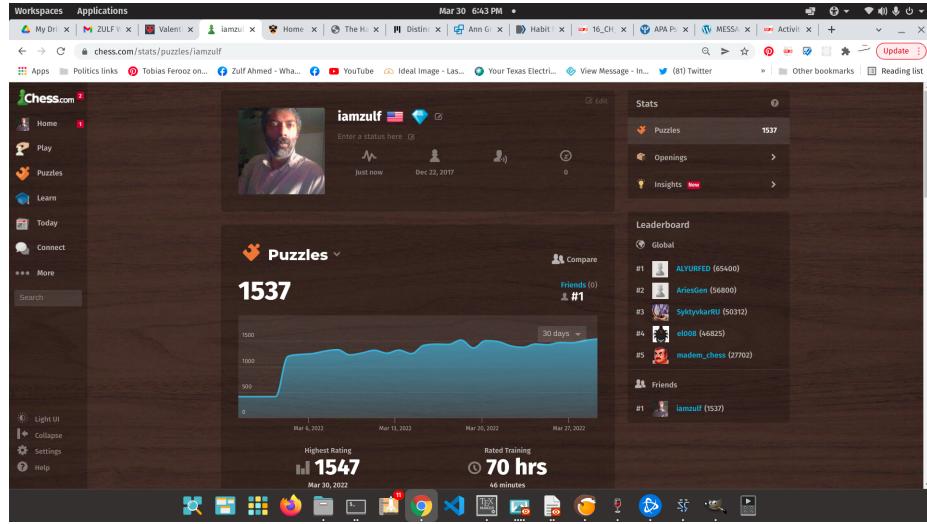
Let us get serious and borrow from the work of Ann M. Greybiel and her colleagues their diagram of the habit circuit.



Ah, what a nice simple drawing. So we have this circuit that leads to various sorts of behaviour becoming intuitive huh? I can easily write like Shakespeare and wax poetic like Rilke and eventually it will be just habitual! I love this. I love this mechanism! Who came up with this beautiful scheme? It's great. Shakespeare and Rilke made use of this circuit themselves.

My dear readers all have this circuit and you could stop using it for over-eating various junk food and use it for other more illustrious purposes. That's very good.

Oh my God! I made it to chess rating 1537.



Anyway, the important thing is that I managed to grab a nice official diagram from a *Nature* article about habits. As you know, I believe this includes not just the intuitive sphere for frivolous reasons but I hypothesize that all intuitions are developed in this circuit in human beings, and in fact we are psychologically non-trivial beings mostly because of the persistence of things that are part of our natural habits.

21. POLITE NICE EXPLANATION OF OPTIONS

Look Harvard Board, you are not understanding *how its gonna be*. You see, *how its gonna be* is this. Either you put in full time effort to totally destroy Bill Gates and his Evil Empire with full motivation, or neither United States of America nor Harvard nor Stanford will make it. How do I know this? I know this because I'm a survivor, and I don't want Bill Gates or his Evil Empire to survive. So either you save yourselves and United States of America by focusing your full efforts to wipe out the little cunt and his Evil Empire, or I get hurt, I get pissed off, and I will promise to leave these various other things in total eradication and extinction in the void of Oblivion.

It's so hard to get people to understand these things. I am getting hurt, so don't expect any sympathy or mercy.

22. PROCEDURAL MEMORY SYSTEM OF BASAL GANGLIA

I am looking at a *Science* article of 1999 on neural representation of the habit system. This is very important technical work that showed that striatum-based neurons are involved in *procedural memory* of habits [5].

Now this is very nice, quite important, but unfortunately it's too nitty gritty for things that actually interest us, which is about things we human beings actually care about. I want to know, for example, whether moral virtues are habituated by this method with Aristotelian habituation for all people in the world. See, it's nice that the rat learned to find various cheese or whatever, and it's nice that the lab rats found this information. I mean it's nice that the illustrious distinguished scientists found something about rat habits. Pardon me. Pardon me. I did not mean any disrespect to the lab rats, ahem, the great illustrious experimental neuroscientists,

but we're interested in the rich set of habits that (a) human beings do acquire, and (b) we would love to acquire. One day I will have children, and I will want to know if they will play Stradivarius by habit you see. I appreciate this fundamental work and all but I want more.

23. THE BROAD PANORAMA FOR PSYCHOLOGY

The so-called Human Sciences have a different sort of problem than those like physics and chemistry. The phenomena is much more varied, and so understanding is harder. This is not a frivolous matter. No matter how complicated physics can be, it does not face almost intractable challenges in *complexity* combined with lack of experimental data of the Human Sciences. We do not have any inventory of all thoughts, feelings and behaviours of all human beings. And that is the first problem of Human Sciences. The scope is intractable without effort to contain it.

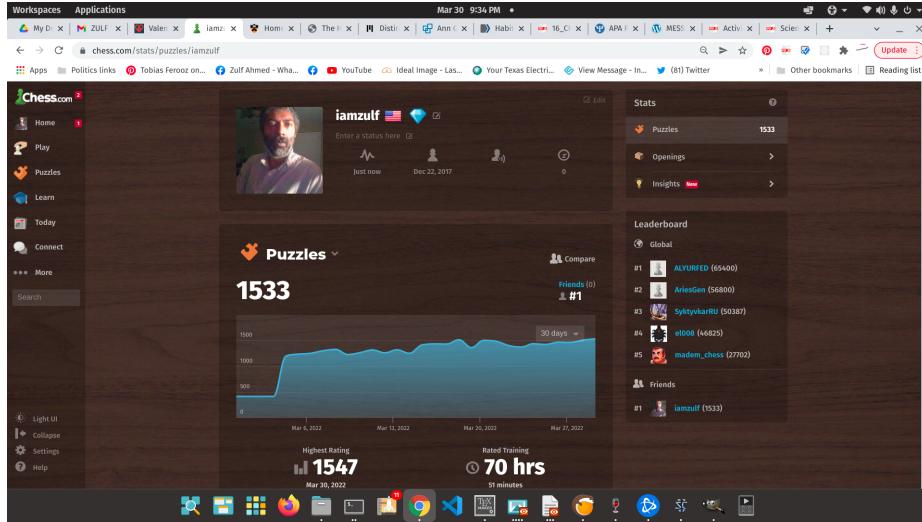
I have been writing about foundations for Psychology that can withstand the test of time. Psychology will never be a simple application of neuroscientific discoveries. Human behaviour is vast and needs to be tamed. I have been advocating that *Universalism* be one of the deep constraints of Psychology as a Natural Science. I have been repeating that the reason Psychology as a Science is possible is that all human beings share a constant genetic code, G_c , that is 99.9% of everyone's genetic code. And since there is this commonality, there exists Universal Human Psychology. We do not know this expected Science, but it exists and it is a challenge for us to establish it. I have personally shown that Universal Human Moral nature exists and is to a large extent ethnicity-independent (percent variation explained by ethnicity is 6.5-9.5%). I have given laws of Human Emotion expenditure in proportions. The totality of propositions, laws, in a scientific account of Universal Human Psychology that will withstand the test of time has not yet been mapped out, but I expect a holistic science that is standardized to emerge in the end that is invariant over time.

I expect this to be much more coherent and parsimonious, and self-consistent than what is extant Psychology. I am expecting in the end a Unified Theory of Man.

Now one of the constraints I foresee is that this Science will have the goal and purpose to optimise well-being and life satisfaction of the entire human race. We already see this with strains like *Positive Psychology*. What is important to understand is that ultimately all Psychology must become Positive Psychology. This is very important. Some of these adjectives need to apply to the whole field. Both Universal and Positive are of this category.

I have particular genius in the broad issues of science; I was successful with my efforts with four-sphere theory which exceeds the aims of a unified field theory of Albert Einstein and Erwin Schrödinger. So I feel particularly optimistic about broad issues in Science. Psychology has a vastly greater potential to change the world for the better than it is able to deliver today, but in order to achieve this potential, it has to go through a reformulation, shore up its foundations and become a Universal Human Positive Psychology that is valid, and then it will automatically provide massive positive impact on life on Earth for all people.

24. CHESS RATING REACHES 1533



25. ZULF IS IN GREAT PAIN FROM BILL GATES POWER CONSIDERS

United States of America and Harvard Board and United Nations ought to understand that right now, I am under great physical pains directly caused by Bill Gates Power considerers. I am also quite a bit more successful in actual genuine work, and I am getting sick and tired of warning all of you. My brother is on the way to committing suicide. I will totally wipe out the entire landmass of United States in a nuclear holocaust in the end if you do not produce a remedy. I am getting pretty sick of this rubbish. You mess with Zulf you get wiped out into oblivion. Simple as that.

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